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SALADS

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TWO HUNDRED
RECIPES FOR MAKING
SALADS
WITH THIRTY RECIPES FOR
DRESSINGS
and SAUCES

BY

OLIVE M. HULSE

"Gasteria is the Tenth Muse; she presides over the enjoyments of Taste."
BRILLAT-SAVARIN.

THE HOPEWELL PRESS
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CAMPBELL
CHICAGO

Preface

FOR many years it has been the hobby of the author to collect salad recipes of all kinds, and through the courtesy of the chefs of some of the best cuisines in the country, she has been able to accumulate a great many new and attractive recipes which never before have been made public.

Out of this voluminous collection, she has selected two hundred of the choicest. These, with the thirty different dressings and sauces brought into this little volume, have been fully and satisfactorily tested. It is the hope of the author that the result of her efforts will meet the general want in a practical and useful way.

Salad Lore

NEBUCHADNEZZAR, king of Babylon, is supposed to be the inventor of salads. Because of his fondness for salad plants he was accused of eating grass, and, like most originals, was considered a "crank."

The "bitter herbs" of the Paschal Feast of which we read in sacred scripture, was nothing more nor less than a salad. It consisted of lettuce, dandelion, camomile and mint, combined with oil and vinegar.

From the Oriental countries has descended our taste for salads. "A lodge in a garden of cucumbers" in the sultry eastern lands was a haven of rest indeed. In those days cucumbers and melons were among the greatest luxuries.

The Greeks were noted for their fondness of lettuce, which they served at the end of a repast. The Romans, always the imitators of the Greeks, followed their example in this respect, but later they used lettuce with egg as a first course, in order to stimulate the appetite. In default of lettuce, they ate endive. The narcotic value of lettuce was recognized by ancient physicians, and the Greek physician, Galen, termed it the "philosopher's, or wise man's herb." The herb doctors prescribed the spring salad for the sick, while the superstitious extolled it as a preventive of disease and decay.

Queen Catherine of England, a great lover of the salad, could not procure it in London, and her royal husband, Henry, had to send to the Netherlands for a gardener to come and cultivate the necessary plants.

Many Americans have the erroneous idea that foreign nations excel in salad making. France for a long time lead in this delicate art; we are told that the artist preeminent in salad-making was the Frenchman, Chevelier Gaudet, who fled to England at the outbreak of the French Revolution, and without friends or fortune, realized a handsome property from his knowledge of salad-making alone. He considered the mixing of a salad as so serious and dignified a profession that he never approached the salad bowl except in full gala costume, with his sword by his side. His services were in great demand by the nobility, in order that their guests might be regaled with one of his creations.

Alexander Dumas could mix a salad as thrilling as some of his great romances. But France does not possess, nor can she import, the great variety of delicious fruits and vegetables obtainable in our own land.

By far the best recipes are those which have originated in the United States, and almost without exception, they are alike inexpensive, elegant, delicious, and healthful. Some of our American men have produced wonderful masterpieces in salads.

Delicacy in food belongs to the cultured and salad-making is an art which all may covet. No woman's

list of accomplishments is complete which does not include the mastery of the secret of the perfect salad. This secret lies in the dressing, and those who have conquered it are to be envied. It is their privilege to add to the plainest dinner a desirable dish, stimulating to the fancy and giving zest to the appetite of even the most fastidious.

Among epicures the luncheon or dinner party of today does not pass as an unqualified success which does not include a new salad, and yet it is as difficult to devise a new salad, as it is to invent a new idea. It is in the combinations that the true skill of the artist is shown.

The real value of the salad plants was unknown until some fortunate soul discovered the happy combination of oil and vinegar. Plain, common vinegar is for the plebeian, but mixed with oil, may give us a combination rivaling the ambrosia of the gods.

The salad stands alone in this particular: It may be served on all occasions, and to any class of people. It is one of the most delightful and healthful of Heaven's gifts to man. A modern authority tells us that "salads refresh without weakening, and make people younger." While this statement may be accepted with the proverbial grain of salt, it is nevertheless true that salad plants are better tonics and blood purifiers than druggists' compounds.

Our food, like everything else, changes with the times. The favorite dishes of our grandmothers are not recognizable today, so altered and multiplied have they become; while on the other hand,

all kinds of fruits have been brought into use in order to meet the demand for variety in salads. The climate varies so with the seasons, that we need an almost constant change of food. The highly-seasoned, rich salad may be very acceptable during the winter months, while during the hot weather there is a craving for the more delicate and refreshing salad.

We eat too few green salads; we should cultivate a taste for them and learn to prefer them to more hearty foods. Vinegar, pepper, salt, and mustard prevent the fermentation of fresh vegetables when eaten, but of course they should be used judiciously. The best oil aids digestion and is also most healthful, being often prescribed by physicians for disordered livers. It is a mistake to think that a good salad will produce dyspepsia. If a salad be eaten slowly and in moderation, its effect is wholesome and nutritious.

Strange as it may appear, there is no absolute rule to be given for blending a salad sauce, but we cannot refrain from giving Sydney Smith's oft-quoted recipe for a Winter Salad dressing, which some of the readers may not have:

To make this condiment your poet begs,
The pounded yellow of two hard-boiled eggs;
Two boiled potatoes, passed through kitchen sieve,
Smoothness and softness to the salad give.
Let onion atoms lurk within the bowl,
And, half suspecting, animate the whole.
Of mordant mustard add a single spoon,—
Distrust the condiment that bites too soon;
But deem it not, thou man of herbs, a fault,
To add a double quantity of salt;
Four times the spoon with oil from Lucca crown,
And twice with vinegar procured from town;

And, lastly, o'er the flavoured compound toss,
A magic soupcon of anchovy sauce.
Oh, green and glorious! Oh, herbaceous treat!
'Twould tempt the dying anchorite to eat.
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl.
Serenely full, the epicure would say,
Fate cannot harm me, I have dined today.

In delightful contrast, a modern epicure, Mr. Wallace Rice, gives us the following recipe for a French dressing, which is our notion of the perfect salad dressing:

Let luscious golden oil its body be,
Wholesome and sweet and clear; its quickening soul
Vinegar, child of mellow wine, but dole
Its sharpness circumspectly, not too free;
The sacred salt its mind—a pinch or three,
No more; and for its wit take pretty toll
Of bright cayenne, to vivify a whole,
So blended, we are hungered as we see.

The which with some fresh herb—lettuce for choice—
Is tired, until each dry and crispy leaf
In this new gloss and savor doth rejoice—
Tired deftly, lest untasted, to our grief,
Aught should bedew the dish. Due thanks then voice
To Him who made this of all salads, chief.

There is no fixed rule for the mixing of salads. If one possesses a little originality and sufficient tact to discriminate between "not too much," and "not too little," of salt, pepper, oil, and vinegar, he can allow fantasy to have some slight sway in the salad bowl, and there is hardly a limit to the variety of salads that can be made during the summer.

The majority of people insist upon making a salad dressing in one particular way, but it should be borne in mind that tastes are widely dissimilar, and that they cannot always be depended upon to be the same. The danger is that in always using the

same kind of dressing, the acute sense of taste will be lost.

One's individual taste should not govern the making of a salad, as this fondness for a certain condiment may not be shared by every one. A vigorous, athletic person is able to eat and enjoy a salad that would well-nigh strangle a person of less strenuous habits.

A good salad cannot be made from poor materials. However limited they may be, they must be of the best quality: Green vegetables fresh and crisp, the meat or fish well-seasoned and cold; the oil pure and sweet. One can always rely upon the best quality of olive oil for salads, but there are those who prefer the flavor of smoked bacon fat. This is particularly true of people living in hot climates.

Of course salt is indispensable for seasoning and flavoring. To a Frenchman or Italian a salad would not be a salad without the onion or garlic flavor, and indeed, this pungency is commonly enjoyed even by those who would not knowingly partake of a dish thus flavored. The onion should be mild, and its presence cleverly hidden, for its unenviable reputation might cause a fastidious guest to refuse a really delicious salad.

Our best authorities on salad-making are shocked at the common practice of using a mayonnaise dressing on fruit salads of any kind. They would invariably take the dressings made with fruit juices. Fish, fowl, and meats would take the mayonnaise, while the vegetable salads almost without exception take the French dressing.

Of the uncooked vegetables lettuce is preeminently the first in favor. It is the king of salads, and whatever else is used, lettuce usually forms part of the salad dish to make it complete. It is essential that leaf salads and celery be dry. Oil and water do not mix, and if the salad is wet, the dressing will run off and also lose its flavor. They should be dried carefully by shaking in a napkin.

One should handle salads with care, and gently. A good rule to follow is to run the fork and spoon down the sides of the dish, and then lightly tire the salad with an upward movement, allowing it to mix as it falls back.

The common habit of decorating all kinds of salads with hard-boiled eggs, gives a sameness of appearance and often produces a lack of harmony. They are out of place when used with meats, except as they form a part of the dressing, but they may be appropriately used with fowl or fish.

A vegetable salad may be made a thing of artistic beauty, and the pleasing art of table decorations, so happily possessed by American housekeepers, gives a splendid opportunity for the salad artist to display taste and originality in the arrangement of this most ornamental of all dishes. Salads badly prepared are an abomination.

Cooked vegetables should be boiled and cut up separately, and all should be duly seasoned with salt and pepper. Lettuce and celery should always be broken with the fingers—never cut. Some of the dry white wines, hock, moselle, chablis, and the like, may be used instead of the vinegar, wholly or in part. A morsel of garlic, rubbed thoroughly with

salt and pepper, may be used with asparagus, celery, and other herbs of pronounced flavor. The dressing should not be put on green salads before the moment of serving.

To become a perfect salad-maker, one should not attempt too much at the beginning. He should practice on plain salads and simple dressings for some time before attempting the combination salads, fancy dressings and elaborate garnishings, and he will soon become a perfect salad-artist.

Salads should always be served cold, and as if one loved them. They, like all children of the taste and fancy, will amply repay all the pains that are taken with them. Let me then wish you joy, luck, and skill in the practice of this delicate accomplishment.

OLIVE M. HULSE.

Salads

Alligator Pear Salad

Select ripe pears, halve, and core. Serve on lettuce, and pour French dressing over them. This is a tropical fruit and is considered a great luxury.

Anchovy Salad

Shred equal quantities of anchovies and lettuce, mix into it half the quantity of hard boiled eggs, with chopped onion, and cover with equal parts of olive oil and vinegar thoroughly mixed. Serve on leaf lettuce.

Apple Salad

Peel and cut six apples into dice, cover the bottom of salad dish with a layer of the apples, and sprinkle with powdered sugar and cinnamon, then a layer of bananas, and so on until you have enough. Pour over all a pint of unfermented grape juice and let stand on ice for an hour before using. Apple salads are always good with cold roast meats.

Apple and Cheese Salad

Mix chopped nuts with half their quantity of cream cheese, add a little thick cream to blend the mixture, season with pepper and salt, and make into tiny balls. Peel good tart apples, remove the cores, and slice into rings about half an inch thick. Arrange the slices on lettuce leaves, and put a cheese-ball in the center. Serve with French dressing made with lemon juice.

Digestive cheese and fruit there sure will be.
—BEN JONSON.

Apple and Nut Salad

Cut equal amounts of apples and celery into dice, stir in half the quantity of chopped walnuts, and mix with French dressing made with lemon.

Asparagus Salad

Cook the asparagus until tender, put on ice to cool. Serve on lettuce leaves with French or garlic dressing.

Asparagus Points with Tomato

Peel as many solid tomatoes as needed, one to each person; cut off the stem and remove the seeds. Fill the centers with two-inch lengths of cooked asparagus, heads up. Serve on curly lettuce leaves, and pour over French dressing.

Asparagus with Vinaigrette Sauce

Take large, white German canned asparagus and serve on leaf lettuce or romaine, with vinaigrette sauce.

Artichoke and Tomato Salad

Slice cooked artichokes and raw tomatoes, and arrange in salad dish alternately. Serve with French dressing, to which has been added in moderation chopped green peppers.

A salad is a delicacy which the poorest of us ought always to command.

—ANONYMOUS.

Artichoke and Onion Salad

Line the salad dish with lettuce leaves. Take equal amounts of sliced, cooked French artichokes and Spanish onions, arrange in dish alternately and pour French dressing over. Garnish with sprigs of parsley.

Banana Salad

Pare the bananas, cut into halves, and dip each half in mayonnaise. While the fruit is still moist with the dressing lay it into a dish of fine chopped nut meats, and lay each banana on a crisp lettuce leaf, adding a border of salted almonds or other nut meats.

Banana and Grapefruit Salad

Peel two grapefruit, and slice, removing all the tough bitter membrane. Line the salad dish with the white leaves of head lettuce, then put in alternate layers of sliced bananas and grapefruit until the dish is full, and pour banana dressing over. Serve very cold.

Give us the luxuries of life, and we will dispense with the necessaries.

—MOTLEY.

Bean Salad

Take one quart of young French beans, cut into inch lengths and boil in salt water until tender. Drain well, let cool, and add one chopped medium sized onion. Cover with chiffonade dressing, and serve on lettuce leaves.
Garlic dressing is also delicious on this salad.

Beet Salad

Cover salad plate with white leaves of head lettuce, slice the beets very thin and place in center. Put the yolks of six hard boiled eggs through a potato ricer, and make a rope-like decoration around the edge of the beets with same. Chop the whites very fine and place around outside the yolks. Pour over French dressing, and garnish with parsley.

Beet and String Bean Salad

Rub the salad bowl well with a clove of garlic, and line with sliced beets and string beans, one onion chopped fine and a few sprigs of parsley. Mix well, and put in the bowl. Pour over French dressing and serve.

Beet and Potato Salad

Cut equal quantities of beets and potatoes into small balls with a Parisienne spoon. Put the potatoes in mayonnaise dressing, to which has been added a few chopped olives and chives. Dip the beets in vinegar, and dish alternately, serving all on leaf lettuce.

In the composure of a salad every plant should bear its part like notes in music.

—JOHN EVELYN.

Bermuda Onion Salad

Mince mild Bermuda onions very fine and add salt, sugar, oil, and vinegar to taste.

Bleeding Heart Salad

Select large, fine blood beets, cook until tender, plunge into cold water for five minutes, remove skins, cut into slices one inch thick, then re-cut with large heart-shaped cutter. Pickle in the usual way. Garnish with sprigs of parsley. This salad is especially nice to serve with a plate luncheon, one heart to each plate.

Bird's Nest Salad

Color Neufchatel cheese a light green with pistachio coloring. Make softer, if desired, by adding a little sweet cream. Roll into small egg-shaped balls. Arrange these in nests made of water cress or shredded lettuce leaves, and speckle with parsley chopped fine. Serve with mayonnaise dressing. This novel salad is not hard to make, and is an attractive dish.

Things which in hungry mortals' eyes find favor.
—BYRON.

Boiled Beef Salad

Cut boiled beef into one-half inch dice, and soak for two hours in a mixture of one part olive oil, three parts vinegar, a teaspoonful of lemon juice, salt and pepper to taste. Mix the meat with cold boiled potatoes, cut the same size as the meat, and a small onion chopped fine. Garnish with lettuce leaves and stuffed olives. Pour over mayonnaise just before serving.

Bologna Salad (German Salad)

Remove the skin from half a pound of imported Bologna sausage, and chop it fine, with five stalks of celery and two sour apples. Mix all together thoroughly, and add one tablespoonful of German pearl onions. Place on a dish garnished with lettuce leaves, and pour over French dressing.

Brussels Sprouts Salad

Line salad dish with lettuce leaves. Boil the sprouts until tender and heap in center of dish. Cover with chiffonade dressing and serve very cold.

There's no want of meat, sir; portly and curious viands are prepared to please all kinds of appetites.

—MASSINGER.

Cabbage Salad

Cut three slices of bacon into dice and fry. When done, add a half cup of water and a half cup of vinegar, salt and pepper to taste. Bring all to a boil, and pour over raw cabbage shredded fine. Cool before serving.

Cabbage Salad No. 2

Take one medium sized head of cabbage and chop fine, season with one teaspoonful of salt, one tablespoonful of sugar, a pinch of black pepper, and a teaspoonful of ground mustard. Rub the yolks of four hard boiled eggs until smooth, add a tablespoonful of butter slightly warmed, mix thoroughly with the cabbage, and add one teacupful of cider vinegar. Serve with whites of egg sliced and placed on top.

Carrot Salad

Wash and boil young carrots until tender, and slice very thin. Line individual salad dishes with a bed of crisp lettuce leaves, and put in each one a spoonful of carrots. Garnish with a spoonful of boiled dressing.

Even cabbage-heads hez rights.
—THE BIGLOW PAPERS.

Cauliflower Salad

Take a cold boiled floweret of cauliflower, cover with mayonnaise, place in center of salad dish and surround with a macedoine of cooked vegetables seasoned with French dressing. Macedoine is made of equal parts of carrots, turnips, and potatoes cooked separately, cut in dice, and mixed with the same quantity of string beans or peas.

Celery Salad

Cut celery in two-inch lengths like macaroni. Cover with mayonnaise dressing and garnish with white celery tops.

Chantecler Salad

Fill a six-inch bowl with cracked ice. Insert another bowl two sizes smaller, allowing about an inch of space between the two bowls. Line the smaller bowl with crisp lettuce leaves. Put in several pieces of solid white meat of fresh lobster, and between each piece of the meat put asparagus cut the proper length so that the tips will extend over the edge of the glass. Fill the center with macedoine of cooked vegetables, thoroughly mixed with French dressing, and cover with mayonnaise. Decorate with lemon cut in quarters with the peel on, laid lengthwise on the ice, and stick a piece of parsley between each piece.

Though my stomach was sharp, I could scarce
help regretting,
To spoil such a delicate picture by eating.

—ANONYMOUS.

Chatelaine Salad

Cut celery, olives, and pineapples in dice. Use a dressing of mayonnaise, whipped cream, cider vinegar, and paprika. Mix well and serve on crisp lettuce leaves.

Cheese Salad

Arrange one head of lettuce in a flat salad bowl. Mix two packages of cream cheese with a half pint of cream. Pile it on the lettuce and surround with two glasses of Bar-le-Duc jelly.

Cherry Salad

Line the salad dish with romaine lettuce leaves. Fill in the center with pitted cherries, and pour over a fruit dressing.

Chestnut Salad

Work a little sweet cream into a cream cheese, with some fine chopped sweet peppers. Divide into fine pieces, and roll in brown cracker dust. Form into the shape of open chestnut burrs. Arrange on lettuce leaves. Remove the meats from chestnuts, boil them in salt water until tender, put them in the burrs of cream cheese. Serve with mayonnaise.

To the fullest enjoy the sweets of the day
And stay the bright hour ere it passeth away.
— ANONYMOUS.

Chicken Salad

This is justly claimed as an American delicacy. Take two parts mayonnaise to three parts liquid aspic jelly, beat together. Decorate and line individual ramekins with the beaten mixture, fill up with slices of chicken dressed with Remoulade sauce, a few capers, and sliced olives. Cover with some of the beaten mixture. Let it stand awhile and turn out on a bed of shredded lettuce. Garnish with chopped gherkins.

Chicken Salad No. 2

An attractive way of serving chicken salad is to place it in a ring of ham jelly. Two cupfuls of the salad should be poured in the ring of jelly after it is placed on a platter. To make the dish attractive the jelly should rest on lettuce or water cress. For the ham jelly whip one-half pint thick cream until stiff, stir in a cupful of aspic jelly, cool a little, and add a jar of potted ham. Adding a few drops of fruit syrup will make the jelly pink.

Biled hen is always respected.

—JOSH BILLINGS.

Chicken Salad No. 3

For two medium sized chickens allow three heads of lettuce. Pick the meat from the bones, chop fine and mix with chopped celery. Boil the livers, rub through a sieve, and put in a bowl rubbed with garlic. Add the yolks of five hard boiled eggs rubbed to a paste, four tablespoonfuls of olive oil or melted butter, one of sugar, one heaping teaspoonful of salt, a teaspoonful of pepper, and one tablespoonful of vinegar. Beat well together and mix with the chicken just before serving.

Chicken Salad No. 4

Soak one-fourth of a box of gelatin in one-fourth of a cupful of cold chicken stock, dissolve in three-fourths of a cupful of hot chicken stock, highly seasoned, and strain. When the mixture begins to thicken, beat, using an egg beater, until frothy, then add one cup of heavy cream beaten until stiff, and one cupful of cold boiled chicken, cut in dice. Season with salt and pepper. Turn into mould, and chill; pouring over the following: DRESSING—Soak one and one-half teaspoonfuls of gelatin in two tablespoonfuls of cold water until soft, dissolve by standing in hot water, and strain. Beat the yolks of two eggs, and add one teaspoonful of salt, one and one-half teaspoonfuls of sugar, one-fourth teaspoonful pepper, a few grains of cayenne, one teaspoonful of mustard, one-fourth

It is the bounty of nature that we live, but of philosophy that we live well.

—SENECA.

cupful of lemon juice, and one-half cupful of hot cream. Cook over hot water until the mixture thickens, stirring constantly, then add one and one-half tablespoonfuls of butter and the gelatin. Add the mixture gradually to the whites of the two eggs beaten stiff; when cold fold in one-half of a cupful of cream beaten stiff. Mould and chill. Turn the chicken cream from mould, cut in one-inch slices and arrange on lettuce leaves. Put a spoonful of the salad dressing on each mould and garnish with one-half English walnut meat. Cut enough celery pieces to make three cupfuls, break into pieces one cupful of pecan or walnut meats, and brown in a moderate oven. Mix celery and nut meats, sprinkling with one-half teaspoonful of salt, and add one-half the salad dressing. Surround each slice of chicken cream with the celery and nut mixture. This is a choice and delicious recipe.

Chicken in Aspic

Line a mould with clear aspic. Garnish the bottom of the mould with shredded bits of anchovies, gherkins, and green peppers. Let it set, and fill in the mould with diced chicken which has been well seasoned. Pour over enough aspic to fill the spaces, and let it stand for several hours. Turn out on a bed of lettuce in platter. Decorate the base of the mould with radish roses. Serve with mayonnaise.

Who rises from a feast with that keen appetite with which he sat down?

—THE MERCHANT OF VENICE.

Chicory Salad

Rub the bowl with garlic. Take three parts of chicory well shredded, and one part celery. Mix well together with French dressing and serve cold.

Chiffonade Salad

Various colored vegetables, such as peas, string beans, carrots, and tomatoes, cooked and cold may be served on a bed of water cress with French dressing to which has been added one boiled beet chopped fine, some chopped green peppers, a few chives, and one hard boiled egg.

Cold Slaw

Slice the cabbage very fine, season with salt, pepper, oil, and sugar. Pour vinegar over all and mix thoroughly. Garnish with sprigs of parsley.

Combination Salad

Cook two bunches of asparagus until tender. Remove from water, cut off the points, and put on sieve to drain. Put one quart of cooked salmon in the bowl, and mix in three tablespoonfuls of olive oil, two of strained lemon juice, and one of vinegar. Sprinkle over one teaspoonful of salt, one-third teaspoonful of white pepper. Allow the bowl to stand in ice until thoroughly chilled. Turn out on dish and put around it the asparagus points. Pour one cupful of mayonnaise dressing over the salmon, and garnish with slices of lemon cut in quarters.

I will show myself highly fed.
—ALL'S WELL THAT ENDS WELL.

Combination Salad No. 2

Insert a clove of garlic in a two-inch square of bread, and place in middle of bowl. Line the salad bowl with crisp white leaves of lettuce. Peel and slice two large tomatoes, one large sized cucumber, and four radishes. Mix thoroughly with French dressing and put on lettuce leaves. Serve with Camembert cheese and wafers.

Combination Salad No. 3

Mix thoroughly together, equal parts of cold Brussels sprouts, cold boiled potatoes, some flowerets of cauliflower, and shredded celery. Arrange neatly in salad bowl and serve with mayonnaise.

Crab Salad

Boil three dozen hard shelled crabs, let them cool gradually; remove the upper shell and the tail, break the remainder apart, and pick out the meat carefully. The large claws should not be forgotten, for they contain a dainty morsel; and the creamy fat attached to the upper shell should not be overlooked. Line the salad bowl with the small white leaves of two heads of lettuce, add the crab meat, pour over it a mayonnaise, garnish with crab claws, hard boiled eggs, and little moulds of cress leaves, which may be mixed with the salad when serving.

The table is the only place where we do not get weary the first hour.

—BRILLAT-SAVARIN.

Crab Salad en Coquille

To the crab meat add a little minced cold boiled cabbage, a pinch of mustard, and mix with cream salad dressing. Fill the crab shells, serve on lettuce leaves, garnish with chopped yolks and whites of egg alternately.

Cream Salad

One-half pint of potatoes sliced on vegetable cutter, one-half pint of sliced cucumber pickles, one-half pint onion chopped fine, one-half pint rich cheese cut fine, and one pint of English walnuts broken in bits. Mix thoroughly with cream dressing, and serve on lettuce leaves.

Cucumber Salad

Cucumbers should always be perfectly fresh. Peel carefully, and place in fresh water for a short time to become crisp. Cut in extra thin slices. Cover with salt, pepper, oil, and vinegar mixed together. Put on ice and serve cold. As a rule, sliced tomatoes or lettuce, or both, are served with cucumbers.

Cucumber Salad No. 2

Peel the cucumbers thin and cut off the stem end, scrape out the inside. Mix the pulp thoroughly with chopped anchovies and gherkins, add a teaspoonful of lemon juice, and put back in shells. Serve on lettuce leaf, and pour over mayonnaise.

Cowcumbers are cold to the third degree.

—SWIFT.

Cucumber and Celery Salad

Cut celery stalks into long shreds and put in ice water for half an hour. Peel and cut one cucumber in the same way leaving out the seed part, and put with the celery in a salad bowl. Season with salt, pepper, and mayonnaise. Heap up in center neatly, surround with red radishes, and garnish with slices of hard boiled egg. Sprinkle with a little chopped parsley and gherkins.

Three parts of oil and one part of vinegar, thoroughly mixed, can take the place of the mayonnaise.

Cucumbers and Cream

Peel and slice thin one large cucumber, and put on the ice until cold. Take one cup of fresh cream, salt and pepper to taste, also a teaspoonful of cider vinegar. Stir together and pour over the sliced cucumbers. Do not use too much vinegar. A pinch of sugar added to the vinegar makes the dressing milder.

Cucumber Francaise Salad

Peel one large cucumber and let it stand in salt water for several hours. Place on a bed of lettuce and slice thin without removing slices, so the cucumber will appear as whole. Cover with mayonnaise, and sprinkle over green peppers chopped fine.

Hungry as the sea and can digest as much.
—TWELFTH NIGHT.

Cucumber and Onion Salad

Slice cucumbers steeped in salt water for several hours, and mix with a few sliced spring onions. Serve with cream dressing.

Dainty Salad

Take two cups of fine cut cabbage, one cup of chopped Bermuda onion, half a can of chopped pimentoes, and one large green pepper shredded fine. Mix one-half cupful of sugar and one tablespoonful of salt with one cup of vinegar, pour over the above mixture, and let stand for an hour.

Soak one box of gelatin in a cupful of water for ten minutes, add two cups of boiling water, and let it stand until it begins to harden. Drain the vinegar off the potpourri and mix well with the gelatin. Place in a border mould to harden. Turn out on a platter, and garnish with lettuce leaves. Make a cup in the center of the lettuce leaves and fill with mayonnaise and whipped cream. Garnish with parsley.

Let onion atoms lurk within the bowl,
And, half suspecting, animate the whole.
—SYDNEY SMITH

Dandelion Salad

First remove all dead leaves and root, and wash thoroughly. Take a small handful at a time, shake free from water, and cut up fine into mixing bowl. When all is used—have enough to make about two quarts when tossed lightly into bowl—sprinkle over one teaspoonful of salt, one of sugar, and a pinch of mustard. Have ready as much fat bacon cut into bits as will fill a small teacup, fry to a light brown; remove the bacon and into the hot grease mince a small onion, if onion flavor is not objectionable; fry lightly; then add to the hot grease, one-half cup mild vinegar, and pour it over the dandelions, and mix well. Garnish with hard-boiled eggs sliced, and serve at once.

Egg Salad

Cut hard-boiled eggs in half lengths, rub their yolks through a sieve, mix with equal weight of Parmesean cheese, season with chopped chives, pepper and salt, and enough butter to moisten. Fill the whites with this mixture, serve on lettuce, and garnish with sliced tomatoes.

The glory of the kitchen! that holds the cookery
A trade from Adam, quotes his broth and salad.
— BEN JONSON.

Egg Salad No. 2

One teaspoonful of mustard, one teaspoonful of salt, two-thirds cupful of vinegar, and a lump of butter the size of a hen's egg. Put in a double boiler, stirring all the time, and when cooked, stir in half a cup of hot sweet milk, and set aside to cool. When ready to serve add one and one-half dozen hard boiled eggs chopped fine, and garnish with nice crisp lettuce leaves and sliced radishes, pickled beets, capers, and olives.

Egg Salad No. 3

Boil the eggs for twenty minutes and let cool. At serving time arrange lettuce leaves, and slice an egg on each plate. Place the slices in a circle, the pieces overlapping. Fill the space in the center with minced onion, and cover with boiled cream dressing.

Eggs au Cresson

Slice hard-boiled eggs on a bed of water cress, sprinkle with salt and pepper, and garnish with shredded anchovies. Serve with red mayonnaise.

Salad, and eggs, and lighter fare,
Tune the Italian spark's guitar.
—MATTHEW PRIOR.

Egg Lily Salad

Drop hard-boiled eggs into cold water after taking them out of the shells, and cut narrow strips from the small end very nearly to the large end of the whites. Rub up each yolk with a teaspoonful of butter, one of vinegar, one each of mustard and salt and pepper. Form into balls and put back into the whites. Serve in moulds of spinach or, on lettuce leaves with mayonnaise.

Egg Plant Salad

Take a cold well-boiled egg plant cut in small dice, and season with salt, lemon juice, and a little oil. Serve on lettuce leaves.

Endive Salad

Carefully pick over crisp endive, sprinkle with salt and pepper, and add a green pepper sliced thin. Over all pour vinegar to taste. When ready to serve the salad, take two slices of bacon and cut in small bits, fry until crisp, brown and pour over the salad, stirring it all together.

Let hunger move thy appetyte and not savory sauces.

—BABEES BOOK.

English Salad

Beat the yolks of raw eggs according to the quantity of salad required, add a little salt and mustard. Chop onions or leeks fine, add oil and vinegar, and beat all into a thick sauce. Shred lettuce, green mustard leaves, cress, and young radishes, arrange lightly in a bowl with the sauce under it. Do not stir until ready to send to the table. Garnish with thin slices of beet cut in fancy shapes.

Farmer Salad

Soak half a tablespoonful of gelatin in a tablespoonful and a half of cold water, and dissolve in three-fourths of a cup of hot chicken liquor. Strain over one cup of chopped ham and stir until the mixture begins to thicken. Fold in one cup of thick cream beaten stiff. Add a pinch of paprica, and salt, if needed. Mould in a border mould, and when set, turn from the mould, fill in the center with lettuce arranged like a cup, and fill the cup with mayonnaise.

Fish Salad

Boil tender a small whitefish, trout, or pike. Chop fine, add same quantity of chopped celery, moisten with three teaspoonfuls of melted butter, one of olive oil, one teaspoonful of mustard, two of pepper, and one of salt, two of sugar, five of cream, and enough vinegar to make the right consistency. Garnish with celery tops.

A cheap and wholesome salad from the brook.
—COWPER.

Frank's Bachelor Salad

Cover individual salad plates with white curly lettuce leaves. Select large ripe tomatoes, peel, and cut in slices one inch thick. Place one slice on each salad plate. Peel and cut in quarters one orange and one ripe pear. Cut the quarters in lengthwise slices and place on the tomato. In the center set a tiny heart leaf of lettuce and place a small watermelon ball in it. Pour over French dressing.

French Endive Salad

Wash the endive thoroughly and let it stand in ice cold water for an hour. Pour over French dressing made red with paprica.

Fruit Salad

Cut a juicy orange into thick slices. Cut it again into quarters, arrange on lettuce leaves or chicory, and cover with French dressing.
Grapefruit salad may be made in the same way.

Fruit Salad No. 2.

Peel and seed two grapefruit, two apples, and one bunch of white grapes. Peel two bananas and cut in small pieces, adding one-half cupful of chopped nuts, and mix all together. Pour off a little of the juice and add French dressing. Set aside to get very cold before serving.

He's keeping a corner for something that's nice.
— GOLDSMITH.

Fruit Salad No. 3

Pare and core six apples and chop them fine. Peel and slice four bananas. Peel and seed six oranges and remove all the inner skins. Mix the fruits well with two tablespoonfuls of powdered sugar, and pour over French dressing. Serve on lettuce leaves.

Fruit Salad, Alice

Slice various kinds of fruit, such as bananas, oranges, grapefruit, apples, peaches, and pineapple. Put in alternate layers in deep glass dish or salad bowl. Sprinkle each layer with powdered sugar, a little sherry, and half as much plain syrup. When all the fruit is in, place on ice for two hours. Just before serving pour over the surface a wineglass of maraschino, and decorate with maraschino cherries.

Fruit Salad served in Apple Shells

Take good looking apples, green, yellow, or red, of medium size. Cut off a good piece from the top of each and remove the meat of the apple, leaving a shell. Chop together the apple hearts, pineapple, grapefruit, and cherries, in equal parts, and add a little lemon juice. Sweeten all with powdered sugar, and place in the shells of apples. The same salad may be served in orange shells. Other fruit in season and a little grated cocoanut may be used.

Socrates brought Philosophy from the clouds, but the Englishmen have dragged her into the kitchen.

—HEGEL.

German Salad

Use equal parts of pickled red cabbage and sauerkraut, a few pickled onions, a little grated horseradish, some chopped onions, pickles, and capers, sliced frankfurters, all mixed together and seasoned with Rhine wine. Stir together with French dressing.

German Apple Cup

Select fine grained apples, one for each person, core and scoop out the center. Cut heart stalks of celery very fine, but do not chop it. Mix celery with mayonnaise dressing, to which half the bulk of whipped cream has been added; add also more salt and pepper. Cut center of the apples in small pieces and mix with celery. Use this mixture to fill the hollow center of the apples, rounding it up above the apple a little. In the center of the mixture in each apple set a tiny heart-leaf of lettuce. Apples pared and cut to represent birds may be used in garnishing, using raisins for eye and nose.

Grape Salad

Skin and seed white grapes, stuff them with nut kernels, arrange on white curly lettuce leaves or water cress. Cover with French dressing made with lemon juice.

Now and then your men of wit
Will condescend to take a bit.
—SWIFT.

Grapefruit Salad

Cut the fruit crosswise, and pick out the pulp. Line the salad dish with white, crisp leaves of head lettuce, put in alternate layers of grapefruit and chopped English walnuts until the dish is full. Pour over French dressing, and serve cold.

Grapefruit en Surprise

Fill the outer bowl of a double oyster cocktail glass with fine cracked ice. Insert the smaller cup to chill. Cut a grapefruit crosswise, and remove all the bitter membrane. Put it into the inner cup, and pour over French dressing made with lemon juice. Garnish with sprigs of parsley, and tie a ribbon the color of your table decorations around the stem of each glass before serving.

Green Pepper Salad

Boil green peppers until done, and let them become very cold. Cut them into thin shreds and pour over French dressing.

Green Pepper and Potato Salad

Chop four baked potatoes and one Spanish onion very fine. Slice one green pepper across so that it makes large rings on lettuce leaves, fill them with the potatoes and onions, heap red mayonnaise on top of each, and serve.

My salad days, when I was green in judgment.
—ANTHONY AND CLEOPATRA.

Ham Salad

Chop one pound of cold boiled ham, one cold baked potato very fine, and lay on a platter garnished with head lettuce. Pour over French dressing and garnish with sprigs of parsley.

Herring Salad

Three salt herring, two cupfuls of beets, two apples, one salt pickle, two cupfuls of boiled beef, two and one-half cupfuls of potatoes, four tablespoonfuls of vinegar, and a little white pepper. Soak the herring in water for twenty-four hours. Clean well, removing the skin and bones. Dry in towels, and cut in cubes. Also cut in cubes the pickle, peeled apples, meat, beets, and potatoes. Mix all together and add vinegar, sugar, and pepper. Pack firmly in mound on platter, covered with lettuce leaves, and garnish with hard-boiled eggs cut in quarters and arranged horizontally around base of mound.

He that can live upon love, deserves to die in a ditch.
—CONGREVE.

Herring Salad No. 2

Two herrings minced fine, one cupful boiled beet, one onion, one large dill pickle, one sour apple, two hard boiled eggs, two cold boiled potatoes, and a half cupful of cold meat, all chopped fine. Mix well with the herring, moisten with sauce made of good stock, vinegar, mustard, and pepper. Let stand over night, stir once more thoroughly and see that all is juicy. Pack tightly on platter and garnish in concentric rings with chopped parsley in the center, chopped white of egg around the parsley, chopped yolks of eggs around the whites, and chopped beets around the yolks. This makes an attractive dish.

Hickory Nut Salad

Skin and seed one pound of grapes. Mix and form into balls, one cupful of hickory nuts and a half pound of cottage cheese, lay them on platter garnished with lettuce, and surround with grapes. Mix the juice of the grapes with fruit dressing, using the juice of only one lemon if the grapes are sour.

Homer never entertained either guests or hosts with long speeches until the mouth of hunger be stopped.

—Sir Philip Sidney.

Mrs. Hulse's Favorite Salad

Rub the salad bowl with garlic, and line with crisp lettuce leaves. Take large green peppers, remove the seeds and let stand in cold water for an hour, fill them with Neufchatel cheese thinned to the right consistency with sweet cream, and cut in slices. Put in salad dish with alternate layers of sliced pineapple, pour over French dressing made with lemon juice, and serve very cold.

Ideal Salad

Soak one-half package of gelatin in cold water ten minutes, add one pint of boiling water, one-half cupful of vinegar, the juice of one lemon, one-half cupful of sugar and one teaspoonful of salt. Strain and let cool until it starts to set, add two cupfuls of chopped celery, one cupful of cabbage, and one-fourth of a can of sweet red peppers cut fine. Turn into border mould to harden. Make a cup in the center with lettuce leaves and fill with mayonnaise dressing. Serve very cold. This salad is a delightful accompaniment to any meat course. It is also practical, for it can be kept a week before serving. This quantity will serve twenty people.

Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl.

—SYDNEY SMITH.

Italian Salad

Take three cups of cooked green peas, three tablespoonfuls of cooked carrots, three tablespoonfuls of diced cooked turnips, and three tablespoonfuls of cooked string beans, all mixed together. Into a French dressing mix some chopped gherkins, olives, and chives, moisten the vegetables with this mixture, and garnish with pickled beets, cut in fancy shapes.

Italian Salad No. 2

Cut half a pound of roast veal and half a pound of boiled potatoes into small cubes, add half a pound each of chopped beets and gherkins, and one tablespoonful of capers. Mix well and season. Put in a bowl lined with crisp lettuce leaves, pour mayonnaise over and garnish with chopped olives, thin slices of smoked sausage, and slices of lemon.

Japan Radish Salad

Wash and scrape off the outside of three Japan radishes and slice them very thin. Line the salad dish with lettuce leaves, and lay on the radishes. Pour over French dressing.

Wilt please you, taste of what is here.
—SHAKESPEARE.

Jellied Chicken Salad

Clean and cut up one chicken, and put it on to boil slowly with one onion. Soak one-fourth of a box gelatin for ten minutes. Cook the chicken until the meat is ready to fall from the bones, add salt and pepper to taste, remove the chicken and boil the stock down to one-half. Strain and remove all the fat. Remove all the skin and bones from the chicken, add the gelatin to the stock, stirring until it is dissolved. Mix in the chicken, and pour into individual moulds to harden. Serve on lettuce leaves, and place a large spoonful of mayonnaise dressing on each mould.

Jellied Chicken and Celery Salad

Make the chicken jelly and set it in a border mould. Chop three bunches of celery, and mix with one can of asparagus tips. When the jelly is cold, set on a platter, and heap the celery and asparagus in the center. Slice four hard boiled eggs and lay around the jelly in little piles, alternating with mayonnaise dressing.

This is also nice made with fruit jelly with fruit in center, omitting the egg and using French dressing made with lemon instead of the mayonnaise.

The fate of nations depends upon how they are fed.
— BRILLAT-SAVARIN.

Jellied Egg Salad

Slice twelve hard boiled eggs and line a mould with them, pouring in sufficient chicken jelly to fill the mould. When it begins to thicken, stir gently so as to mix the eggs with the jelly. When cold, place on a platter and heap mayonnaise dressing around the jelly. Garnish with parsley.

Jellied Fruit Salad

Soak half a package of gelatin in cold water ten minutes. Wash and hull one box of strawberries and one box of blackberries, and drain off all the water. Peel and seed two oranges, removing all the inner skin, drain off all the juice, and add one cupful of boiling water. Dissolve the gelatin in the hot water and orange juice, and set on the ice to cool. When it begins to thicken, mix in carefully the fruits so as not to crush them, and set back on the ice. When stiff set the jelly on a slab of ice and serve immediately. Serve with fruit dressing.

A good digestion to you all; and, once more, I shower a welcome on you.

—HENRY VIII.

Jellied Tomato Salad

Soak half a box of gelatin in a cupful of cold water for ten minutes. Run two quart cans of tomatoes through a fine strainer, using all but the seeds. Heat the tomato liquid, adding gelatin, and season with salt, pepper, and sugar. Place a layer of this in a mould, allowing it to congeal partly; add a layer of chopped celery, another of the jelly, next a layer of peas, one more of jelly, another of stuffed olives, and lastly the remaining jelly. Set on ice to harden. Serve with mayonnaise dressing on lettuce leaves, and garnish with concentric rings of yolks and whites of eggs chopped fine.

Jellied Tomato and Cucumbers

Make the tomato jelly as above, and set in individual moulds. Chop four large cucumbers rather fine and mix with four tablespoonfuls of French dressing. Place the jelly on a platter when hard, and surround each mould with cucumbers. Place mayonnaise dressing on the top of each mould.

A dish that I do love to feed upon.
—THE TAMING OF THE SHREW.

Jellied Veal Salad

Wash and cut one veal knuckle into pieces, put into two quarts of cold water, and let simmer for two hours; then add ten whole cloves, one bay leaf, one large sliced onion, and half a teaspoonful of allspice. Simmer for another hour, remove the knuckle, and boil down the liquid to one-half. Remove the skin and the bones from the meat, place in a mould, and pour over the liquid. Salt and pepper to taste, and set on ice to cool. When hard, place on platter garnished with lettuce leaves. Pour over Hollandaise sauce, and serve.

Kentucky Salad

Take several heads of crisp white lettuce, remove the hearts and spread the heads flat. Chop equal parts of white cabbage and green peppers and lay on the lettuce. Pour over bacon dressing.

Kohlrabi Salad

Peel and cut in two, and slice thin, the young kohlrabi; parboil in salt water, pour off, and stew in plain water for twenty-five minutes. Drain and let cool. Serve on lettuce leaves with red mayonnaise.

My soul tasted that heavenly food which gives new appetite.

—DANTE.

Lamb Mint Salad

Take two cups of cold cooked lamb cut into dice, and half a cup of chopped cabbage. Dress with mayonnaise, and serve on chop-plate garnished with lobes of mint jelly and sprigs of parsley.

Last-Minute Salad (quickly made)

Dice six cold boiled potatoes, chop one good sized onion, four hard boiled eggs, and one small cucumber. Mix with bacon sauce, and serve on lettuce leaves.

Lemon Salad

Cut three lemons into halves and remove the pulp carefully so as not to break the skins. Strain off some of the juice. Remove all the inner skin from the lemon pulp, and mix it with finely chopped cabbage which has been well seasoned with salt, pepper, and oil. Garnish with fine chopped beets, and serve on lettuce leaves, half a lemon to each person.

Lettuce Salad

Bury a clove of garlic in a two-inch square of bread and place in the bottom of a bowl. Fill with white leaves and the heart of head lettuce, and pour over French dressing.

The tender lettuce brings on softer sleep.
—ANONYMOUS.

Lettuce and Bacon Salad

Rub the salad bowl with garlic, and fill with the white leaves and hearts of two heads of lettuce. Cut three slices of bacon into small bits, and fry. Add one cup of vinegar, a teaspoonful of salt, and a pinch of pepper. Pour over the lettuce, and garnish with slices of hard boiled eggs.

Lettuce and Cucumber Salad

Slice cucumbers very thin and heap on a platter garnished with romaine lettuce. Pour over French dressing to which has been added a spoonful of onion juice. Cream dressing is sometimes preferred.

Lettuce and Onion Salad

Cover a platter with white leaves of head lettuce, shred two Spanish onions very fine, and soak them for an hour in cold water in which a little sugar has been dissolved. Lay the onions on the lettuce, and pour over French dressing.

Lettuce and Tomato Salad

Cover a platter with head lettuce, cool and crisp. Peel and quarter the tomatoes, place them on the lettuce leaves, and pour over French dressing. A suspicion of garlic is often used in the French dressing.

Bestrewed with lettuce and cool salad herbs.
—ANONYMOUS.

Lettuce and Tomato Salad No. 2

Slice four large tomatoes very thin after removing the skin, and lay them on a platter garnished with head lettuce. Serve with mayonnaise dressing.

Lettuce and Spring Onion Salad

Take well washed lettuce leaves, drain, and shred. Add sliced young onions, and serve with French dressing.

Lettuce Salad (stuffed)

Wash one small head of lettuce for each person, and remove the heart carefully so as not to break the head. Chop very fine one bunch of celery, one cucumber, and one small onion, and mix well with French dressing, stuff the heads of lettuce with this mixture, and serve.

Lima Bean Salad

Line a salad bowl with lettuce leaves. Heap in the center one pint of cooked beans, seasoned with salt and pepper, and pour over French dressing. Let it stand until cold, and garnish with sprigs of parsley before serving.

If we will plant nettles or sow lettuce.
— OTHELLO.

Liver Salad

Select five or six large chicken livers or an equal quantity of calf's liver, and put through a sieve. Take a spoonful of mustard and mix with French dressing until it is the consistency of cream. Pour the mixture over the livers, serve on lettuce leaves, and garnish with strips of green peppers.

Lobster Salad

Remove the meat of one large lobster from the shell, and cut into small pieces, season with salt and pepper, and mix well with mayonnaise dressing. Garnish with tufts of water cress, sliced egg, the yolk taken out, and its place filled with lobster coral and sliced cucumber, and sliced onion rings filled with caviar.

Lobster Salad No. 2

Take two parts of diced lobster, one part celery, seasoned with salt, pepper, and vinegar, cover with mayonnaise, and garnish with hard boiled eggs cut lengthwise and quartered.

And ate a lobster, and sang and mighty merry.
—PEPYS'S DIARY.

Lobster Salad No. 3

Take one large, heavy lobster, boil half an hour, remove all the meat from the claws and shell, and lay the coral aside. Cut the meat into neat cubes. Wash and trim two heads of lettuce, breaking the leaves up and reserving the cores. Line the salad dish with the lettuce leaves, mix the cores with the lobster meat in the bowl, and season with a little salt and red pepper. Rub the coral smooth and mix very slowly into a dressing made of two hard boiled egg yolks, two fresh yolks, one tablespoonful of made mustard, three of oil, two of vinegar, one of powdered sugar, and one teaspoonful each of salt and pepper. Pour this mixture over the salad and decorate with slices of hard boiled eggs, lobster claws, and parsley.

Log Cabin Salad

Peel and cut lengthwise four bananas, place in orange juice for half an hour, then place the bananas on individual serving plates, log cabin fashion, fill the centers with stoned cherries, using both white and red if obtainable, and pour over fruit dressing. Garnish with sprigs of parsley. White asparagus can also be served in this style, filling the centers with Hollandaise sauce.

Now good digestion wait on appetite, and health on both.

—MACBETH.

Macedoine Salad

Take one cupful each of diced carrots, white and yellow turnips, and artichoke bottoms, and add one cup of green peas, one cup of asparagus tips, and one cup of fine cut string beans. Mix, and serve on lettuce leaves with French dressing and capers.

Mayonnaise of Oysters

Take equal parts of celery and white cabbage shredded very fine, oysters scalded in their own liquor, with a little vinegar and salt. Season the celery and cabbage with a little oil and vinegar, place in the center of the dish, dip the oysters in mayonnaise. and surround the center.

Mayonnaise of Fresh Lobster

Shred very fine the meat of one large lobster and two heads of lettuce, seasoning them with French dressing. Cover with mayonnaise decorated with capers, sliced stuffed olives, lobster coral, a quartered egg, and water cress.

Melon and Cucumber Salad

Scoop out three small melons, first cutting in halves, and dice the pulp, mixing it with equal parts of thin sliced cucumbers and a sprinkling of chopped cress. Serve with mayonnaise.

He was a bold man who first ate an oyster.
—SWIFT.

Mixed Salad

Chop fine a few stalks of white crisp celery, two onions, one sour apple, one nice head of lettuce, and one hard boiled egg. Mix well with mayonnaise dressing and serve on individual salad dishes, garnish with slices of hard boiled eggs and sprigs of parsley.

Mock Pineapple Salad

Pare and core four large apples, cut in rings. Peel and slice a little thicker than the apples, four juicy oranges. Place a slice of orange on each slice of apple, and arrange in circle on serving dish. Pour over the juice of one orange and one lemon, and sift white sugar on top.

New Century Salad

Use crisp white lettuce leaves, sliced red peppers and chopped olives, with a few slices of cucumbers. Pour over a French dressing. Mayonnaise is sometimes preferred.

Normandy Salad

Stew gently in their own liquor a small can of French peas. Season with a little salt and pepper, and add a pinch of sugar. When the peas absorb all the liquor, allow them to cool. Chop half a pound of English walnuts, and mix with the peas. Pour over it a half cup of mayonnaise.

Hail, wedded nourishment.
—ANONYMOUS.

Nut Salad

Cover half a pint of English walnuts with boiling water, and blanch. Put the walnuts into a pan, and cover with a pint of stock. Add a heaping teaspoonful of chopped onions, a tablespoonful of chopped apple, simmer gently for twenty minutes, and let drain. Set aside to cool. Chop twelve mushrooms very fine. Line the salad bowl with lettuce or chicory. Cut an orange into half and scoop out the pulp. Put this pulp over the lettuce leaves, then a layer of the mushrooms, then the walnut kernels, then the remaining mushrooms. Send to the table with French dressing.

Nut and Cabbage Salad

Take one head of shredded pink cabbage, and one cupful of chopped pecan nuts. Lay white cabbage leaves on a platter, and place the pink cabbage and nuts on them. Pour over boiled dressing, and serve.

Nut and Celery Salad

Take three green peppers and cut into two equal parts, removing the seeds, and fill them with one and one-half cupfuls of chopped celery, and one cup of chopped English walnuts, thoroughly mixed. Garnish the platter with lettuce leaves, and place the peppers on it. Put a large spoonful of mayonnaise dressing on top of each portion.

Three several salads have I sacrificed, bedewed with precious oil and vinegars.

—BEAUMONT AND FLETCHER.

Nut and Orange Salad

Cut three oranges each into two parts, being careful not to hurt the skins, and remove the pulp. Take out all the tough inner skins. Mix the pulp with half a cupful of English walnuts and one banana sliced. Level the halves of the oranges so that they will stand evenly, fill them with the fruit and nuts. Set them on a platter garnished with the leaves of one head of lettuce. Pour over French dressing made with lemon juice.

Orange Salad

Put a layer of crisp lettuce leaves in the bottom of a salad dish, and fill with alternate layers of sliced oranges and chopped nut meats. Pour over fruit dressing and set on ice until ready to serve. Sprinkle with grated cocoanut.

Orange Salad No. 2

Peel and slice six seedless oranges and four bananas, and arrange them in alternate layers in the salad dish. Beat the yolks of five eggs for five minutes, add one cupful of granulated sugar and beat until thick, add a pinch of salt and the juice of two lemons, and beat again. Pour over the prepared fruit and set away on the ice, as it must be very cold when served.

Small cheer and great welcome make a merry feast.

—THE COMEDY OF ERRORS.

Onion Salad

Take either Bermuda or Spanish onions, peel and slice in rings a quarter of an inch thick, steam them until half cooked, and let them become very cold. Serve on lettuce leaves with ravigote sauce.

Othello Salad

Peel large tomatoes and remove the pulp, and set on ice to cool. Take three-fifths Russian caviar, one-fifth tomato pulp, and one-fifth chopped onion, mix together, and fill in the tomato shells. Serve on lettuce leaves, and place a large spoonful of mayonnaise on each.

Oyster Plant Salad

Take cold boiled oyster plant, cut in strips, season with salt and pepper, dip the ends in French dressing to which has been added some chopped chives, and garnish with aspic jelly.

Pear Salad

Peel and core large ripe pears, lay half a pear on a bed of lettuce on individual salad plates. Put ten cherries and some cheese balls around the pear on lettuce, and cover with French dressing. This is not only delicious, but is a pretty combination of colors.

Mine eyes smell onions, I shall weep anon.
—ALL 'S WELL THAT ENDS WELL.

Pecan Salad

Make a well seasoned lemon jelly, turn in individual glasses to mould, and when set, put pecans on in design. Turn out on lettuce leaves, and cover with mayonnaise dressing. Garnish with green peppers cut in fine shreds.

Pepper Salad

Canned pimentos—Spanish peppers—make a salad as good to eat as it is beautiful to look at. Open the can, let it stand fifteen minutes for the odors to escape, and turn the contents into a colander, running cold water over the rosy vegetables. Give them a good wash, drain carefully, and chill them thoroughly on the ice. Serve on lettuce, dressed with mayonnaise or French dressing.

Pepper Salad No. 2

Peel large Spanish peppers, removing the seeds and core. Fill with sardine or any other good fish salad. Serve with mayonnaise dressing.

Pineapple Salad

Peel half a ripe pineapple and shred except the core. Mix the shreds with an equal quantity of chopped celery, and put on ice. Just before serving mix in enough mayonnaise sauce to moisten; garnish with slices of lemon, and serve very cold.

Fat olives and pistachio's fragrant nut,
And the pine's tasteful apple.

—ANONYMOUS.

Pineapple Salad No. 2

Take a large pineapple, cut a square on one side so the pulp can be removed, then cut a small slice off the other side to make the pineapple steady on the platter. Remove the pulp, shred it and mix it with mayonnaise, put it in a china bowl and set it on the ice for an hour. When ready to serve, fill the pineapple with the mixture, place on a plate, and serve. The leaves should be left on the end of the pineapple. Strawberries, cherries, and blanched almonds may be added if preferred.

Pineapple and Grapefruit Salad

Seed and peel two grapefruit, remove all the inner skin, and cut the pulp into small pieces. Shred one fresh pineapple, mix with half a cupful of English walnuts and the grapefruit. Place all in a bowl, and pour over French dressing. Garnish with parsley.

Pineapple and Lettuce Salad

Wash one head of lettuce and arrange on a platter. Lay the slices of one can of pineapple on the lettuce and pour over French dressing.

Can one desire too much of a good thing.
—CERVANTES.

Potato Salad

Peel and slice thin while hot, twelve small boiled potatoes. Fry half a pound of lean bacon and cut in bits. When almost brown, put in half an onion chopped fine, cook a moment, and pour over the warm potatoes. Mix well by shaking and tossing, and season with salt and pepper. Make a mixture of two parts mayonnaise with one part of vinegar and pour over the potatoes. Sprinkle with chopped parsley, and serve as it is, but never serve cold.

Potato Salad No. 2

Cut two quarts of cold boiled potatoes into dice, add one large Spanish onion, one head of celery, and four hard boiled eggs. Season with salt, pepper, and a little cayenne. Mix thoroughly with French dressing to which has been added a teaspoonful of mustard and a few capers.

Potato and Cress Salad

Take one bunch of water cress, wash carefully, and lay it around platter. Dice six cold baked potatoes, and mix thoroughly with French dressing to which has been added one tablespoonful of onion juice. Heap the potatoes in center of water cress, and garnish with parsley and slices of hard boiled eggs.

Let the sky rain potatoes.
—THE MERRY WIVES OF WINDSOR.

Potato and Egg Salad

Cut five cold baked potatoes into dice, slice four hard boiled eggs, and pour over the juice of one lemon. Arrange in a bowl and cover with cream dressing. Serve on lettuce leaves.

Prune Salad

Soak one pound of large French prunes and one pound of dried apricots over night. Chop the prunes and mix with one cupful of chopped English walnuts. Shred one head of lettuce and lay on platter, place on it the apricots, heap the prunes and nuts on the apricots, and pour over maraschino dressing.

Prune and Nut Salad

Cook prunes until tender, remove the stone, and cut the fruit into eighths lengthwise. Arrange on lettuce with a mound of cream dressing in the center. Sprinkle chopped pecan meat over all, or break the prune stones and chop the kernels.

Radish Salad

Take round red and white radishes, cut them in halves and arrange alternately, skin side up, on a bed of shredded lettuce. Sprinkle with French dressing, and garnish with sliced stuffed olives.

Hunger is sharper than a sword.
—BEAUMONT AND FLETCHER.

Radish Salad No. 2

Slice two bunches of radishes, and shred one Spanish onion, mixing them well together. Arrange one head of lettuce around the salad bowl, heap the radishes and onion in the center, and pour over ripe olive dressing. Garnish with strips of red peppers.

Raisin Salad

Wash and soak one box of seeded raisins over night. Garnish the platter with a head of lettuce, heap the raisins in the center, and cover with whipped cream. Place one raisin on top.

Ribbon Salad

One cup of cold cooked string beans, one cup of peas, one cup of celery cut in small pieces. Dress the beans and peas with a plain French dressing, and the celery with a gold mayonnaise. Arrange a bed of shredded lettuce on a chop plate. On that place the beans, celery, and peas in alternate layers. Have the center layer of celery. Serve very cold after garnishing with radish roses.

Romaine Salad

Take broad, shredded romaine lettuce leaves, and sprinkle with French dressing to which has been added a suspicion of garlic.

Read these instructive leaves.
—POPE.

Roquefort Salad

To two large heads of lettuce, add a quarter of a pound of grated Roquefort cheese, and one cupful of French dressing. If this is too much cheese to suit the taste, celery or cucumber may be substituted for part of the quantity.

Salmon Salad

Line the salad dish with two crisp heads of lettuce arranged with the darker leaves outside and the lighter ones inside. Take a can of salmon, shred the fish into small flakes, and place in the middle of the dish on the lettuce. Season with salt and a little cayenne. Pour over one tablespoonful of vinegar, and the juice of one lemon. Set on ice for an hour to cool. When ready to serve, pour one teaspoonful of mayonnaise dressing over the fish, and sprinkle a few capers on top. Nasturtium blossoms make a pretty garnish.

Salmon Salad No. 2

Pick the salmon to pieces, chop celery fine, and add about twice the amount you have of fish. Mix well with boiled dressing, and serve on lettuce or cress.

Live while you live, the epicure would say
And seize the pleasure of the present day.
—DODDRIDGE.

Salmon Salad Jellied

Take a pint of canned salmon, drain, and remove the skin and bones. Mince fine, add one tablespoonful of lemon juice, a dash of red pepper, a teaspoonful of minced parsley, and salt to taste. Mix together and bind with any prepared salad dressing, and a tablespoonful of powdered gelatin dissolved in a quarter of a cupful of water. Fill small moulds and set them on the ice to chill quickly. Turn out on crisp lettuce leaves. Garnish with sliced olives and serve with cucumber sauce or mayonnaise.

Sardines in Jelly

Pour a layer of aspic about a quarter of an inch thick in the bottom of a mould with a closed center, so that it will form a border when stiff. When hard, arrange on it a layer of sardines which have been skinned. Sprinkle over some finely cut cress and chopped hard boiled egg. Pour over more jelly, which is cold but not congealed, and let it harden. Add another layer of sardines and fill the mould with jelly. Stand aside to harden. Fill in the center with celery mixed thoroughly with mayonnaise dressing. Garnish with water cress.

Sardine Salad

Make a dressing from the oil in a box of sardines, and as much lemon juice, with salt, paprica, and black pepper. Mix the sardines with an equal quantity of Bemuda onion, sliced and quartered, stirring thoroughly with the dressing. This is an excellent appetizer.

Scrambled Egg Salad

Select evenly sized tomatoes, cut in halves, scoop out the pulp, and fill the hollows with scrambled eggs well seasoned. When cold, spread enough mayonnaise on each to cover the egg, and put a thick layer of aspic on top. Arrange neatly in a circle on a cold dish, and garnish with beets and gherkins cut in fancy shapes. Fill the center with lettuce and sliced tomatoes, all cut in fine strips, and season with pepper, salt, oil, and vinegar. Serve very cold.

Scottish Salad

Cover a platter with lettuce leaves. Arrange a circle of sliced hard boiled eggs around the edge, the slices overlapping each other. Heap in the center two parts of chopped celery to one part of flakes of salmon, which has been thoroughly mixed with oil, vinegar, and salt. Pour mayonnaise dressing over all, and garnish with stuffed olives and capers.

My soul tasted that heavenly food which gives new appetite.

—DANTE.

Shad Roe Salad

Steep the shad roe in boiling salt water. Take it out without breaking, sprinkle it with a mixture of vinegar and Worcestershire sauce, and put aside to cool. When ready to serve, insert a clove of garlic in a two-inch square of bread, and put it in the center of the dish. Cover with a bed of lettuce leaves, and arrange in the center the shad roe cut into slices half an inch thick. Cover with mayonnaise into which some whipped cream has been stirred.

Sheldon Salad

Cut a pineapple into small squares, seed four oranges and cut them fine, seed half a pound Malaga grapes and cut them and half a pound candied cherries into halves, slice two bananas very thin. Serve on lettuce leaves and pour over the following sauce: The juice of the pineapple, one cup of sugar, one tablespoonful of cornstarch, one cupful walnuts cut fine, and half a cupful of water. Mix the cornstarch with a little water, add the pineapple juice, the sugar, and the rest of water. Boil until thick, and after it is cold, add the nuts. This may be frozen if desired.

Sherry Salad

Chop half a Bermuda onion very fine and add twice as much chopped parsley. Chop four small red peppers and eight green peppers. Mix half a cupful of olive oil, five tablespoonfuls of vinegar, half a teaspoonful of powdered sugar, and one teaspoonful of salt into a dressing, and mix well with the onion and peppers. Put in a covered glass jar and let it stand for an hour in a cool place. Serve on tender lettuce leaves.

Shrimp Salad

Season the canned or cooked shrimps with lemon juice, salt, and pepper, and mix with mayonnaise dressing. Serve on lettuce leaves, and garnish with stoned olives, capers, and hard boiled eggs.

South Shore Country Club Salad

Rub the salad dish with garlic and line with a bed of romaine lettuce. Fill in the center with equal parts of cantaloupe and watermelon balls cut out with a Parisienne spoon. Pour over French dressing made with fruit juices.

O, dainty and delicious! Food for the gods.
—CROFFUTT.

Southern Salad

Take tender okras, trim the ends, and boil until tender. Drain them and let them become very cold. Dip sweet peppers in hot fat and take off the skins. Shred them fine, and mix with the okras. Serve with mayonnaise dressing.

Southern Salad No. 2

Take two bunches of leaf lettuce, lay them in water about an hour, and shred. Three slices of bacon, browned to a crisp, half a cup of vinegar, half a cup of water, and half an onion chopped fine; let come to a boil and throw in the bacon; mix in two hard boiled eggs chopped fine. Pour over the lettuce.

Spanish Salad

Shred two bunches of endive and mix them thoroughly with ripe olive dressing. Cover the platter with the same and garnish with quartered peeled tomatoes, and quartered hard boiled eggs, yolks of which have been taken out and the places filled with anchovy paste.

The discovery of a new dish does more for the happiness of man than the discovery of a new planet.

—BRILLAT-SAVARIN.

Spinach Salad

Take half a peck of fresh, crisp spinach, wash it thoroughly in several waters, put in steamer, and steam for about ten minutes, turn into a colander, and drain. Chop fine, season with salt, pepper, and two tablespoonfuls of melted butter. Mix well and press into small moulds or cups. When cold, place each form on a lettuce leaf, and put a spoonful of mayonnaise dressing on top.

String Bean Salad

Cook until tender, very fresh green beans, lay them for an hour in French dressing, then drain and mix with Ravigote sauce, serve on lettuce leaves, and garnish with sliced hard boiled eggs.

Summer Salad

Line the salad bowl with crisp white lettuce leaves. Take slices of orange, and arrange around the side of the dish to come up even, forming contrast with the lettuce. Fill the center with sliced bananas cut round, and strawberries. Cover with whipped cream and place red cherries on top.

Sunday Night Salad

Calf's brains, plainly boiled in salt and water, chilled on ice, cut in small dice, and served on a bed of tender lettuce with mayonnaise, make a delicious hot weather dish for Sunday night.

Sweetbread Salad

Take cold slices of cooked sweetbread which have been dipped in flour, and fried. Shred a head of lettuce, and place it in the center of the dish. Cover with cream dressing, dip sweetbreads in mayonnaise, and heap them in the center. Garnish with sliced radishes and chopped beets.

Sweetbread Salad No. 2

Select a pair of calf's sweetbreads, wash in cold water, put on in boiling water, and add a teaspoonful of salt, a little onion, and a sprig of celery. Cover the saucepan and let them simmer gently for half an hour. Lift the sweetbreads out, and throw at once into cold water. When cold, pick them apart by taking out all the membrane, and stand them away. When ready to serve, insert a clove of garlic in a two-inch square of bread and put it on the bottom of the salad bowl. Arrange over it a bed of lettuce leaves. Mix the sweetbreads with mayonnaise dressing, heap them on top of the lettuce leaves, and garnish with capers and sliced olives.

Where 's the man that can live without dining.
—OWEN MEREDITH.

Sweetbread Salad No. 3

Take two pounds of veal sweetbread, and boil until tender in salt water. When cold, break into small pieces and remove the membrane. To one quart of sweetbread add a pint of celery torn in small pieces, and one cupful of walnut meats. Mix with mayonnaise dressing, and serve with salted wafer crackers on lettuce leaf.

Sweet Potato Salad

Cold boiled sweet potatoes, cut in small dice two-thirds, celery cut in small dice, one-third, mix with French dressing, and garnish with stuffed olives.

Symphony Salad

Soak a pair of calf's sweetbreads in cold salted water, and drop them into boiling salted water. Add a teaspoonful of vinegar, and boil them for twenty-five minutes. Drop them again into cold water to harden. When cold remove the membrane, and cut into small pieces. Peel and slice two or three cucumbers into very thin slices, and stand in salt water for one hour. Drain and mix with the sweetbreads. Just before serving mix with mayonnaise dressing, and garnish with white celery tops and olives. Half a pint of mushrooms and celery added are quite an improvement.

'T would tempt the dying anchorite to eat.
—SYDNEY SMITH.

Tomato Jelly Salad

Soften the contents of a box of gelatin in cold water. Cook one can of tomatoes, three stalks of celery, one small cupful of cold water, one small onion, a small bay leaf, three cloves, salt and paprica to taste, for about a half an hour, and pass through sieve to take out the seeds. Add the gelatin and stir until dissolved, pour into individual moulds, and put into a cool place to form. Serve with crisp lettuce leaves, and pour mayonnaise over the whole. The jelly may be cut and used as a garnish for salads and cold meats. Add a quarter of a teaspoonful of baking soda while the ingredients are boiling.

Tomato Salad

Peel and slice nice red tomatoes, dip in French dressing to which has been added a suspicion of garlic, and serve on lettuce leaves. Plenty of black pepper improves their flavor.

Tomato and Cauliflower Salad

Cut small ripe, or whole canned tomatoes into quarters, and arrange them on lettuce leaves, with a floweret of cold cooked cauliflower, which has been soaked for an hour in French dressing, between the quarters. Serve with mayonnaise or cream dressing, sprinkled with finely chopped sweet red peppers.

A dish fit for the gods.
—JULIUS CÆSAR.

Tomato and Celery Salad

Peel as many solid tomatoes as are needed—one to each person; cut off the stems, and remove the seeds. Chop fine one stalk of celery, and one green sweet pepper. Mix thoroughly with French dressing, and put in the tomatoes. Arrange them on little nests of lettuce leaves and pour mayonnaise dressing over each. Serve very cold.

Tomato and Corn Salad

Tomatoes stuffed with green corn are a summer food par excellence. They make a truly delectable salad, which, with heated crackers and cream cheese, makes a salad course at luncheon or dinner. Pare and cut out the hearts. Set on ice until they are chilled. Fill with green corn boiled on the cob, then cut off and allowed to get perfectly cold. In serving, cover with simple French dressing, or mayonnaise, if preferred.

Tomato and Cucumber Salad

Peel and slice four large tomatoes, and lay them on a platter garnished with head lettuce. Peel and chop rather fine two cucumbers, and heap them on the slices of tomato. Pour over French dressing, and serve.

Here is everything advantageous to life.
—THE TEMPEST.

Tomato and Grapefruit Salad

Cut three grapefruit in two, and remove the pulp, taking out the tough inner skin. Peel tomatoes, chop them fine, and mix with the grapefruit. Place in the hollow halves of the grapefruit, and put a large spoonful of mayonnaise dressing on top of each. Garnish with sprays of cress.

Tomato and Lettuce Salad

Peel one large tomato for each person, and lay it on a bed of lettuce, placing a spoonful of mayonnaise or French dressing on top of each. Serve very cold. This is a truly delicious dish and will be good every day during the tomato season.

Tongue Salad

Boil, skin, trim, and slice one tongue, cut in dice, add the whites of six hard boiled eggs and three stalks of celery cut into cubes. Mix thoroughly with cream dressing, and serve at once.

My teeth are on edge till I do eat.
—CARTWRIGHT: THE ORDINARY.

Transparent Salad

Soak half a box gelatin in cold water for an hour, add one pint of boiling water, one-half cupful of sugar, and the juice of three lemons. Stir until the sugar is dissolved. Pour into individual moulds and set on ice to cool. Arrange two heads of lettuce on the platter in the form of nests. Peel and slice two bananas, peel and remove all the inner skin from one grapefruit, and break the sections into pieces two inches long. When the jelly begins to harden, mix the fruit into it carefully. Place the jelly back on the ice to become very hard. Place one mould in each of the lettuce nests, and cover with mayonnaise dressing. Serve immediately.

Variety Salad

One cup of sliced cucumbers, half a Bermuda onion, chopped, half a cup of minced celery, a quarter of a cup of parsley, ground or chopped very fine, and two green peppers, chopped fine. Mix and garnish with three hard boiled eggs and serve cold on lettuce leaves with a French dressing or, if preferred, with mayonnaise.

Change is the sauce that sharpens the appetite.
—ANONYMOUS.

Veal Salad

Chop two pounds of cold boiled veal and two bunches of celery into small pieces, and sprinkle with salt and pepper. Shred one Spanish onion, and mix with the meat and celery. Lay on a platter garnished with one head of lettuce, and cover with mayonnaise dressing.

Vegetable Salad

Rub the salad bowl with garlic, and line with water cress. Take fine strips of vegetable of various colors, cooked and cold, with peas and string beans, carrots, beets, and tomatoes. Pour over it French or chiffonade dressing.

Venison Salad

Chop one pound of cold, cooked venison, and mix with two glasses of Bar-le-Duc jelly. Wash two bunches of water cress and lay it around the platter. Place the meat and jelly in the center, and pour over the French dressing.

I have often gathered wholesome herbs, which I boiled, or ate as salads with my bread.

—SWIFT.

Virginia Ham Salad

Slice a pound of cooked Virginia ham very thin and lay it on a platter garnished with one head of lettuce. Separate the yolks from the whites of four hard-boiled eggs. Chop the whites very fine, and put the yolks through a potato ricer. First lay the whites and then the yolks on the ham, and pour over French dressing.

Waldorf Salad

Take two cupfuls of celery cut fine, one dozen walnut meats, the grated rind of an orange, one cupful of apple cut in dice, and mix with salad dressing. Pile on lettuce leaves or fill in orange or apple cups.

Waldorf Salad No. 2

One cupful of Malaga grapes, three bananas, three oranges, one cupful of nut meats, one bunch of celery, one head of lettuce, mayonnaise dressing. Line the dish with lettuce leaves, cut celery in dice, mix with fruit and nuts, add dressing, and chill well before serving.

To search the secrets of a salad.

—ANONYMOUS.

Waldorf Salad No. 3

Put the kernels of thirty English walnuts on a layer of sliced oranges, squeeze lemon juice over them and let them stand for twenty-four hours. When the salad is needed, wash and pick over a pint of cress, or chop a bunch of celery, and add to the walnuts. Pour over all a rich French dressing.

Water Cress Salad

Arrange the cress in the serving dish, and garnish with sliced hard boiled eggs and shredded anchovies. Water cress is also good when served plain with French dressing.

White Aspic

Cover a quarter of a box of gelatin with a quarter of a cup of cold water, soak half an hour, put in a saucepan one tablespoonful of butter and one of flour, mix, and add half a pint of milk. Stir until boiling, and add half a teaspoonful of salt, and a dash of white pepper, a teaspoonful of onion juice, and the gelatin, then strain. This is used chiefly as a garnish for meat salads.

White Salad

Rub the salad bowl with garlic or a piece of onion, and line with white lettuce leaves. Chop together white cabbage, celery, and white radishes, and mix with the same quantity of white chicken meat cut in dice. Pour over cream dressing.

A morsel for a monarch.

—ANTHONY AND CLEOPATRA.

Wilted Lettuce

Take three thin slices of salt pork and put in the frying pan, heat until the grease fries out, then turn into the pan one cup of sour or sweet cream, three tablespoonfuls of vinegar, one tablespoonful of sugar and let them get hot. Wash the lettuce, place in a separate dish, pour the hot cream over it, and serve.

Wolcott Hotel Salad

Peel and slice four oranges, four blood oranges, and one head of romaine lettuce, lay the leaves lengthwise on a platter, and arrange the slices of oranges along the lettuce alternating the colors. Pour over French dressing.

Yellow Tomato Salad

Peel and slice yellow tomatoes, lay them on lettuce leaves, and pour over French dressing.

Zebra Salad

Seed two green peppers, boil two or three minutes, then cut in shreds. Shred the dark and light leaves of a head of lettuce or endive separately; cut three tomatoes in shreds, remove the peel and skin from one large grapefruit. Arrange each article separately upon the serving plate, having a circle of light and then dark green material around the edge, and pour over French dressing.

Serenely full, the epicure would say
Fate cannot harm me—I have dined to-day.

—SYDNEY SMITH.

Dressings and Sauces

Dressings and Sauces

Bacon Sauce

Fry thin slices of smoked bacon or ham fat, and, after straining, add one-third as much vinegar as you have bacon oil. This is greatly relished on green salads by many people, and is often available in camp or other places where olive oil is not to be had.

Bacon Fat Sauce

Heat five tablespoonfuls of strained bacon or ham fat in a saucepan; add two tablespoonfuls of flour and stir to a smooth paste. Add one-eighth of a teaspoonful of paprika and one-third of a cup of vinegar diluted with one cup of boiling water, stirring constantly. When the sauce begins to boil, remove to the side of range and beat in two yolks of eggs. Add more salt if necessary. Do not allow the sauce to boil after the eggs are added. Chill thoroughly and serve with spinach or dandelion, endive or lettuce. The sauce may be thinned with cream if too thick.

Banana Dressing

Mix the juice of two lemons with half a cup of sugar. Mash two bananas and work into the pulp one tablespoonful of olive oil. Stir all together.

Boiled Dressing

Use half a cupful of sugar, one tablespoonful of butter, one tablespoonful of mustard, half a cupful of vinegar, half a cupful of cream or rich milk, three eggs well beaten, and a pinch of salt. Boil until thick, then put into bottles. This will keep indefinitely.

Bummer's Custard

Take half a pound of Roquefort cheese, divide into three equal parts. Rub up one-third with olive oil, one-third with Worcestershire sauce, and one-third with cognac. Mix all together until it is of the consistency of custard, and add a dash of cayenne. This is delicious served on hot toast or crackers.

Cream Dressing

Beat the yolks of two eggs and work smooth with one tablespoonful of sugar, one teaspoonful of mustard, eight tablespoonfuls of olive oil, three tablespoonfuls of vinegar, one teaspoonful of salt, a dash of cayenne, and a teacupful of well whipped sweet cream.

Chiffonade Dressing

Add to French dressing one boiled beet, one hard boiled egg, and a few chives chopped fine.

Chive Dressing

Make a plain mayonnaise dressing, and mix finely chopped chives well with it.

Epicures' Delight Sauce

First rub a bowl with a clove of garlic. Take one teaspoonful of salt, half a teaspoonful of black pepper, a quarter of a teaspoonful of paprica, and a tablespoonful of tomato catsup. Add seven tablespoonfuls of oil gradually, and two teaspoonfuls of vinegar.

French Dressing

Put seven tablespoonfuls of olive oil in a bowl, add three tablespoonfuls of sharp white wine vinegar, half a teaspoonful of salt, and a little cayenne. Work smooth with beater.

French Dressing No. 2

Put one teaspoonful of salt in a bowl, cover with red and black pepper, add four tablespoonfuls of oil, and mix well, then add one tablespoonful of vinegar, and one teaspoonful of onion juice. Set in a cool place until it is thoroughly chilled. Lemon juice may be used instead of vinegar for fruit salads.

French Dressing with Fruit Juices

Put a cube of ice in the bottom of the bowl with a teaspoonful of salt and a pinch of pepper. Add six tablespoonfuls of oil and stir with a fork until the oil is frozen. Take the juice of one lemon and one orange; strain and mix with the oil. Add half a teaspoonful of vinegar, and serve very cold.

Fruit Dressing

Mix five tablespoonfuls of sugar with the juice of two lemons and stir constantly until the sugar is dissolved. Then add three tablespoonfuls of imported sherry wine. Set on ice to cool before using.

Garlic Dressing

Slice and cut a clove of garlic and rub it up to a paste, and mix well with four tablespoonfuls of olive oil, and one of tarragon vinegar, a pinch of cayenne pepper, and one teaspoonful of salt. This is especially good on asparagus, celery, or string bean salad.

Hollandaise Sauce

Mix one tablespoonful of flour and one teaspoonful of butter over the fire until smooth; add gradually one pint of boiling water until the whole is the consistency of cream. Boil for two or three minutes and season with one saltspoonful of salt, half a teaspoonful of mustard, and a quarter of a spoonful of pepper. Take from the fire and add the yolks of two eggs well beaten, mixing until smooth. Add slowly three tablespoonfuls of oil and one tablespoonful of vinegar.

If lemon juice is used instead of vinegar, the sauce is more delicate.

Maraschino Dressing

Mix together four tablespoonfuls of sugar and a pinch of ground cloves; add two tablespoonfuls of imported sherry wine and mix well. Lastly add two tablespoonfuls of maraschino, and chill before using.

Mayonnaise Dressing

This is considered the finest dressing for salads. Work one-quarter teaspoonful of cayenne pepper and one-half teaspoonful of salt into two fresh, raw yolks of eggs with a wooden spoon in a cold basin; set on ice if possible. When creamy add ten or twelve drops of the best olive oil and a drop or two of sharp vinegar or lemon juice; work smooth again,

always moving the spoon evenly and in the same direction. Add the same quantity of oil and vinegar and repeat this until one pint of oil has been used up. The proper proportion is about one teaspoonful of vinegar to eight tablespoonfuls of oil. It requires patience to make this sauce a success. Mayonnaise may be made white by adding just before serving, one tablespoonful of cream whipped stiff. A delicate green color may be obtained by pounding a little spinach, water cress or parsley in mortar with a little lemon juice and adding it to the mayonnaise. It is then called Ravigote sauce.

Mayonnaise Dressing No. 2

Have all the ingredients cold, also the bowl for mixing. Beat the yolks of two eggs, add a teaspoonful of mustard, a teaspoonful of salt and a saltspoonful of pepper, then one and one-half cupfuls of olive oil, stirring constantly and always the same way or the dressing will curdle. Thin out when necessary with juice of one lemon or same amount of vinegar. When all the oil has been used, add a teaspoonful of onion juice.

Mayonnaise Boiled

Boil in small glazed saucepan half a cup of vinegar with butter the size of a walnut, one teaspoonful of mustard, a little sugar and pepper and salt to taste. Take off the fire and stir in the yolks of three eggs. Pour back into the saucepan and return to fire. Stir until thick. Set to cool. When cold, beat the whites of eggs lightly and whisk them into the mayonnaise. If too thick thin with good cream. The juice of one lemon is stirred in if the mayonnaise is to be used for chicken or lobster salad.

Mayonnaise Boiled No. 2

Put in the pan a lump of butter the size of an egg, and when melted work in one tablespoonful of flour, add one teaspoonful of milk or water, and let it come to a boil. Mix three beaten eggs with one tablespoonful of sugar, one teaspoonful of dry mustard, and one teacupful of vinegar, salt and pepper to taste; stir in the other ingredients, let it boil, and set it away to cool.

Onion Dressing

Into a French dressing grate one good sized onion, and one teaspoonful of horseradish. Strain and use.

Pineapple Sauce

The juice of one can of pineapple, one cupful of sugar, one tablespoonful of cornstarch, one cupful of walnuts cut fine, and one and a half cupfuls of water. Mix the cornstarch with a little of the water and add the pineapple juice, sugar, and the remainder of the water. Boil until thick, and after it is cold add one cupful of walnuts cut fine. This is nice on any of the fruit salads.

Ravigote Sauce

Pound a little spinach, water cress, and parsley in a mortar, with a little lemon juice and add to mayonnaise sauce. This makes a delicate green dressing.

Red Dressing

Mix salt and pepper and add one teaspoonful of onion juice. Peel one tomato and chop fine, draining off most of the juice, and add to the rest of the dressing one red pepper chopped fine, two tablespoonfuls of vinegar, and pour in slowly four tablespoonfuls of olive oil. Mix thoroughly and set on ice before using.

Red Mayonnaise

Make a plain mayonnaise dressing and use enough paprica to color.

Remoulade Sauce

Rub the pounded yolks of two hard-boiled eggs through a sieve, mix with oil, vinegar, dry mustard, minced garlic, chopped parsley, and parsley juice.

Ripe Olive Dressing

Mix four tablespoonfuls of salt, one of pepper, one of mustard, and one of onion juice. Add one tablespoonful of vinegar, one tablespoonful of lemon juice, and four tablespoonfuls of olive oil. Stone and slice very fine a cup of ripe olives; mix them well with the rest of the dressing and set aside to become cold before using.

Roquefort Dressing

Into four tablespoonfuls of oil work half a pound of grated Roquefort cheese until thoroughly smooth. Add one tablespoonful of tarragon vinegar, one teaspoonful salt, one of pepper, and a teaspoonful of onion juice.

Russian Sauce

Pound together some water cress, parsley, chives, gherkins, the yolks of two hard boiled eggs, a few anchovies, capers, a clove of garlic, and add the weight of all of butter, and work into a paste. Add lemon juice until smooth and creamy.

Vinaigrette Sauce

Mix together one tablespoonful of vinegar, three of oil, one teaspoonful each of chopped parsley, capers, and scraped onion. Season with one saltspoonful of salt, and pepper or a few drops of tabasco sauce.

Vinaigrette Sauce With Egg

Mash the yolk of a hard-boiled egg with three tablespoonfuls of oil, two of vinegar and one fine chopped challot, one teaspoonful of chopped chives, one teaspoonful of salt, and half as much pepper. Cayenne pepper is preferred.